

RESEALABLE FOR FRESHNESS  
CUT HERE TO OPEN

GLUTEN FREE

1 1/2 LBS

**John Soules Foods**  
FULLY COOKED  
**CHICKEN BREAST STRIPS**  
WITH RIB MEAT  
*Italian Style*  
*Seasoned & Grilled to Perfection*



Serving  
Suggestion  
Enlarged to Show Detail

MICROWAVEABLE



KEEP REFRIGERATED • MAY BE FROZEN

NET WT. 24 OZ (1.5 lbs) 680g

# John Soules Foods

Recipes From Our Kitchen... to Yours.



## Grilled Italian Style Chicken Pasta

- 1 lb. John Soules Foods Italian Style Chicken Breast Strips, thawed
- 1 lb. Fettuccini pasta, cooked
- 1 bunch Asparagus, cut 1 1/2" long
- 4 oz. Sun-dried Tomatoes, rehydrated and sliced 1/4" thick
- 2 oz. Capers, drained
- 1/4 C. Olive oil
- 1/2 C. Pesto
- 5 oz. Parmesan cheese

Heat the olive oil in a large skillet over medium high heat. Add the asparagus and sauté for 3 to 4 minutes, or until tender. Add the John Soules Foods Italian Style Chicken Breast Strips, sun-dried tomatoes and capers. Cook an additional 2 minutes and stir in the pesto. Add the cooked pasta and toss. In order to reheat the pasta, cook an additional 2 minutes. Transfer to serving plates, top with Parmesan cheese. Serve.



## Tossed Green Salad with Chicken

- 1 lb. John Soules Foods Italian Style Chicken Breast Strips, thawed
- 1 lb. Spring lettuce mix, rinsed and dried
- 25 Grape Tomatoes, cut in half
- 1/2 Red Onion, thinly sliced
- 1 ea. Red and Yellow Bell Peppers, thinly sliced
- Your favorite Salad Dressing

In a mixing bowl combine all ingredients and toss together. Serve.

### HEATING INSTRUCTIONS:

HEAT TO 165°F INTERNAL TEMPERATURE. DO NOT OVERHEAT. PRODUCT IS ALREADY FULLY COOKED.

#### Stir in Skillet: 4-5 Minutes (✓ Recommended Method)

Place thawed Italian Style Chicken Breast Strips into skillet over MEDIUM HIGH heat. (Spraying skillet with a non-stick cooking spray is optional.) Cook for 4 to 5 minutes, turning several times.

#### Conventional Oven: 4-5 Minutes

Place thawed Italian Style Chicken Breast Strips into one layer on a flat baking sheet. Preheat oven to 375°F. Bake for 4 to 5 minutes.

#### Microwave: 1-2 Minutes

Place thawed Italian Style Chicken Breast Strips into one layer on a microwave safe dish and cover. For 3 to 6 ounces, microwave on HIGH for 30 seconds to 1 minute. For the entire package, microwave on HIGH for 1 to 2 minutes. Cook times may vary as microwaves vary in cooking intensity.

**John Soules Foods**  
Visit us at:  
[www.JohnSoulesFoods.com](http://www.JohnSoulesFoods.com)



## Nutrition Facts

Serving Size 3oz (84g)  
Servings Per Container 8

### Amount Per Serving

**Calories 110** Calories from Fat 20

% Daily Value\*

**Total Fat** 2g **3%**

**Saturated Fat** 0.5g **3%**

**Trans Fat** 0g

**Cholesterol** 50mg **17%**

**Sodium** 500mg **21%**

**Total Carbohydrate** 2g **1%**

**Dietary Fiber** 0g **0%**

**Sugars** 0g

**Protein** 20g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 4%

\* Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	45g	60g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	370g
Dietary Fiber		25g	30g

INGREDIENTS: BROSSELS, UNLESS CHICKEN BREAST WITH THE MEAT, MEAT, SEASONING (SALT, FLAVORING), REPARTED CHEESE (PASTA SAUCE, CHEESE CULTURE, SALT, BENNETT), REPARTED PARMESAN AND ROMANO CHEESE (PASTA SAUCE, SALT, CULTURES, CHEMICALS), SOYbean LEAFLET SPICES, WHITE PEPPER CORN, REPARTED CHICKEN BROTH, SOYbean INGREDIENT, CHEESE FLAVOR (SOYbean CHEESE (PASTEURIZED MILK, CULTURE, SALT AND CHEMICALS), NATURAL FLAVOR, NATURAL FLAVOR, SODIUM PHOSPHATE, YEAST EXTRACT), CHICKEN FLAVOR, BUTTER, HYDROLYZED PEARL LYE, ADI, VANILLA, SALT, SODIUM, SEASONING (CHICKEN FAT, NATURAL CHICKEN FLAVOR, FLAVOR DIMENSIONAL, NATURAL FLAVOR, FLAVORING, EXTRACTS OF PAPAYA, PARSLEY AND SOYbean PHOSPHATE), CHICKEN BASE (CHICKEN MEAT, CHEESE, NATURAL CHICKEN FLAVOR, SALT, HYDROLYZED SOY PROTEIN, PHOSPHATE, CHEESE FAT, AUTOLYZED YEAST, DRY CHICKEN BROTH, RESPONSE, MODIFIED FOOD STARCH, ONION POWDER, NATURAL FLAVOR, SPICES INCLUDING TURMERIC), SOY LECITHIN.

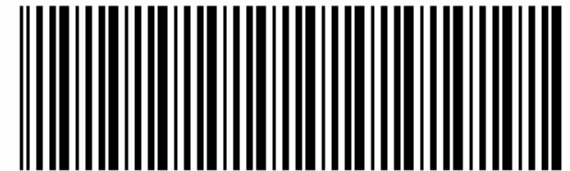
CONTAINS: MILK, SOY | GLUTEN FREE

**JOHN SOULES FOODS, INC.**  
PO BOX 4579, TYLER, TX 75712

Pre-Seasoned  
**FULLY COOKED ITALIAN STYLE CHICKEN BREAST STRIPS**

USE BY:  
JAN.14,09

CONTAINS 12 OF:  
R-FCCBS



10034695123970

**REFRIGERATED**

KEEP REFRIGERATED AT  
<40 DEGREES F.

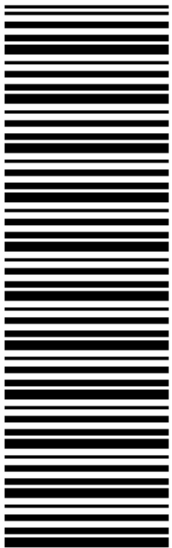
NET WT. 18 LB.

ITEM CODE  
**12397**

JOHN SOULES FOODS INC.  
TYLER, TEXAS 75712



10034695123970





RESEALABLE FOR FRESHNESS  
CUT HERE TO OPEN

GLUTEN FREE

**John Soules Foods**

FULLY COOKED  
**CHICKEN BREAST STRIPS**  
WITH RIB MEAT

1 1/2 LBS

*Rotisserie Style*

*Seasoned & Roasted to a Golden Brown*

*Smoke Flavor Added*

Serving  
Suggestion  
Enjoy to the Best!

PREPARED BY

KEEP REFRIGERATED • MAY BE FROZEN

NET WT. 24 OZ (1.5 lbs) 680g



# John Soules Foods

## Recipes From Our Kitchen... to Yours.



### Rotisserie Chicken Salad

- 1 lb. John Soules Foods Rotisserie Style Chicken Breast Strips, thawed
- 16 Romaine lettuce leaves
- 1 Grapefruit, segmented
- 1 Orange, Segmented
- 1 Red bell pepper, cut into 1/4" dice
- 1 bunch Green onions, thinly sliced
- 8 oz. Your favorite salad dressing

Preheat an oven to 375 degrees. Place the John Soules Rotisserie Style Chicken Breast Strips on a cookie sheet and loosely cover with foil. Place in the oven for 12 minutes, or until 165 degrees.

In a mixing bowl combine all ingredients and the reheated chicken. Toss with your favorite salad dressing and arrange equally on four plates and serve.

Serves 4.



### Rotisserie Chicken Wrap

- 1 lb. John Soules Foods Rotisserie Style Chicken Breast Strips, thawed
- 4 10" Flour Tortillas
- 1 Red Bell pepper, cut into 1/4" strips
- 1/2 Red Onion, cut into 1/4" strips
- 8 Green leaf lettuce leaves
- 8 oz. Your favorite salad dressing

Combine all ingredients, except the Tortillas in a mixing bowl. Toss together well.

Lay out the 4 tortillas and equally portion the mixed ingredients on each. Roll up, slice in half and arrange on a plate with your favorite chips.

Serves 4.

#### HEATING INSTRUCTIONS:

HEAT TO 165°F INTERNAL TEMPERATURE. DO NOT OVERHEAT. PRODUCT IS ALREADY FULLY COOKED.

#### Sizzle in Skillet: 4-5 Minutes (✓ Recommended Method)

Place thawed Rotisserie Style Chicken Breast Strips into skillet over MEDIUM HIGH heat. (Spraying skillet with a non-stick cooking spray is optional.) Cook for 4 to 5 minutes, turning several times.

#### Conventional Oven: 4-5 Minutes

Place thawed Rotisserie Style Chicken Breast Strips into one layer on a flat baking sheet. Preheat oven to 375°F. Bake for 4 to 5 minutes.

#### Microwave: 1-2 Minutes

Place thawed Rotisserie Style Chicken Breast Strips into one layer on a microwave safe dish and cover. For 3 to 6 ounces, microwave on HIGH for 30 seconds to 1 minute. For the entire package, microwave on HIGH for 1 to 2 minutes. Cook times may vary as microwaves vary in cooking intensity.

**John Soules Foods**  
Visit us at:  
[www.JohnSoulesFoods.com](http://www.JohnSoulesFoods.com)



### Nutrition Facts

Serving Size 3oz (84g)  
Servings Per Container 8

#### Amount Per Serving

**Calories** 110 **Calories from Fat** 20

	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 440mg	<b>18%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	
<b>Protein</b> 20g	

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

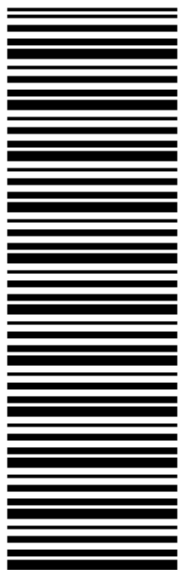
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	35g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS:** SKINLESS, BONELESS CHICKEN BREAST WITH THE MEAT, WATER, SEASONING (DEXTROSE, HYDROLYZED CORN AND SOY PROTEIN, SODIUM CITRATE, DEHYDRATED CHICKEN BROTH, SALT, CORN FLOUR, MALTODEXTRIN, SPICES, SODIUM DIMACRYLATE, FLAVORING), SUGAR, YEAST EXTRACT, POTASSIUM HYDROGENPHOSPHATE AND CITRIC ACID, PEPPER, CHICKEN FAT, NATURAL AND DEHYDRATED GARLIC AND ONION OIL, TURMERIC, HYDROLYZED, NATURAL SMOKY FLAVOR, BEEF EXTRACT, SODIUM ACID, POTASSIUM FLAVORS, DEHYDRATED PARSNIPS, WAX BEANS, DEHYDRATED CHICKEN FAT, NATURAL CHICKEN FLAVOR, FLAVOR (SUNFLOWER OIL, NATURAL FLAVOR), FLAVORING, EXTRACTS (W/ OF PAPRIKA), CHICKEN SAUCE (CHICKEN MEAT INCLUDING NATURAL CHICKEN JUICES, SALT, HYDROLYZED SOY PROTEIN, FRUCTOSE, CHICKEN FAT, ANTIOXIDANT SODIUM DIBIPHENYL DITHIOCARBONATE, BHT, BHA, BHA, BHT), NATURAL FLAVORS, SPICES INCLUDING TURMERIC, POTASSIUM AND SODIUM PHOSPHATES, SALT, CITRUS OIL.

CONTAINS SOY | GLUTEN FREE

**JOHN SOULES FOODS, INC.**  
PO BOX 4579, TYLER, TX 75712

10034695123987



Pre-Seasoned  
**FULLY COOKED ROTISSERIE STYLE CHICKEN BREAST STRIPS**

USE BY:  
JAN.14,09

**CONTAINS 12 OF:  
R-FCCBS**

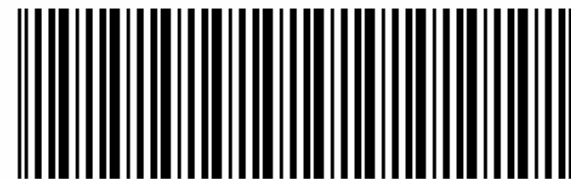
**REFRIGERATED**

KEEP REFRIGERATED AT  
<40 DEGREES F.

**NET WT. 18 LB.**

ITEM CODE  
**12398**

JOHN SOULES FOODS INC.  
TYLER, TEXAS 75712



10034695123987

